



Word Count – Week 1

Complaining - Discussion & Reflection Guide

Questions and Prompts:

- **If you had to give yourself a grade (A is the best, F is a failing grade) at how much you complain, what would you get?**
- **What stood out to you from Sunday's service?** How did you sense God at work in you through the songs, taking Communion, the message and witnessing baptisms? (The message's main points and scripture are listed below if it helps you think back.)
- Eddie shared, "Gratitude is the on-ramp to a great life and complaining is the exit ramp." **Have you experienced this? How?**
- **Read Psalm 103:1-22.** Have someone read the passages out loud if you're in a group.
 - What do you notice as you hear or read this psalm? Is there a verse or phrase that stands out to you?
 - **Pause and add a few of your own reasons to praise God.**
- In the message, Eddie listed three takeaway points about complaining and gratitude:
 - Despising the journey while anticipating the destination is unwise.
 - Gratitude must be practiced, not just felt.
 - Gratitude consumes complaints.

Which of these stands out to you? What do you need to embrace this week?

- Eddie offered a practical challenge at the end of his message:
 - Begin a complaint fast.
 - Institute a complaint fine.

Will you take this challenge? Write out the specifics of what you'll do and share it with someone in your life who can hold you accountable or do this with you.

- **Is there anything else from the message you want to explore more deeply this week?**

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

Message Main Points & Scripture:

- **Are you an occasional complainer or a serial complainer?**

- **Gratitude is the on-ramp to a great life – and complaining is the exit ramp.**
- Psalm 103:2 (NLT) – “Let all that I am praise the Lord. May I never forget the good things he does for me.”
- Psalm 103:2 (NIV) – “Forget not all his benefits.”
- **Finding reasons to be grateful is difficult – but only at first.**
- 1 Thess 5:18 – “Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”
- **The antidote to complaining is spoken gratitude.**
- Psalm 100:4 – “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”
- Proverbs 30:8 – “Give me neither poverty nor riches. Give me just enough to satisfy my needs.”
- Philippians 2:14 – “Do everything without complaining...”
- **Most of us tether our gratitude to our circumstances – and judge our circumstances by comparison.**
- Luke 12:15 - “Life is not measured by how much you own.”
- **Despising the journey while anticipating the destination is unwise.**
- Philippians 4:12 - “I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.”
- **Gratitude must be practiced, not just felt.**
- Ephesians 5:20 – “Always give thanks to God for everything.”
- **Gratitude consumes complaints.**
- **Begin a complaint fast.**
- **Institute a complaint fine.**